

FAMILY MEALS FROM THE FREEZER



about FAMILY MEALS FROM THE FREEZER . . .

Freezing Citrus Juices (oranges, lemons, grapefruit): Refrigerate fruit several hours before squeezing out the juice, so oil from skins does not come out into the juice when squeezed. Squeeze juice from halved fruit; press lightly — also to ensure oil does not get into juice and retard freezing. Remove any seeds. The juice can be strained or left with some of the pulp still in it. Pour into plastic containers, leaving about 2.5 cm (1 in) space at top of container; freeze. Alternatively, the juice can be poured into ice-cube trays and frozen, then the cubes removed from trays and stored in freezer in plastic bags.

Grated lemon or orange rind can be wrapped in freezer wrap and stored in freezer for use in cooking.

Suggested maximum keeping time, 6 months.

Passionfruit pulp: Remove pulp from passionfruit, put into ice-cube trays and freeze as for citrus juices.

Soft Fruits (strawberries, mulberries etc.): Toss in sugar; allow $\frac{1}{2}$ cup castor sugar per 500 g (1 lb) fruit. Pack in plastic containers or bags; allow 2.5 cm (1 in) headspace for expansion. Strawberries can also be frozen in ice-cube trays (as shown in picture on this card); when frozen, they can be removed from the trays and put in plastic containers or bags, then placed again in freezer. This way strawberries keep their shape, although generally they can still only be used in cooking.

Citrus Fruits: Grapefruit: Peel, divide into segments without pith or skin. Toss in castor sugar, allowing 1 tablespoon sugar to 2 grapefruit. Pack in plastic container or bags, allowing 2.5 cm (1 in) headspace for expansion.

Oranges: As for grapefruit, allowing 1 tablespoon sugar to 3 oranges.

Suggested maximum keeping time, 6 months.

Ellen Sinclair

Ellen Sinclair, Food Editor
Australian Women's Weekly

SPECIAL EDITION
FAMILY MEALS FROM THE FREEZER
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FREEZING

If ice-cream is your weakness, here is a recipe for one of the most superbly creamy ice-creams you'll ever taste, and it's so easy to make. You could freeze it in individual dishes and serve it, topped with whipped cream, as a frozen chocolate mousse. It is Brandied Chocolate Mint Ice-Cream.

You will need: $\frac{2}{3}$ cup water, $\frac{1}{2}$ cup sugar, 250 g packet chocolate after-dinner mints, 4 egg yolks, 300 ml carton thickened cream and 4 tablespoons brandy.

Put water and sugar into saucepan, stir over low heat until sugar dissolves. Bring to boil, boil 2 minutes. Put the chopped dinner mints into blender, add hot syrup and brandy, blend at high speed 30 seconds or until mints have melted. Add beaten egg yolks in a long, thin stream, blend further 15 seconds or until well combined; cool. Add cream, blend further 15 seconds or until smooth. Pour into freezer trays, freeze.

Serves 4 to 6.

Photography by Russell Brooks

OXTAIL SOUP



OXTAIL SOUP

1 oxtail, 4 tablespoons oil, 2 onions, 2 carrots, 2 sticks celery, 4 tablespoons flour, 2¼ litres (9 cups) water, 4 beef stock cubes, 3 tablespoons tomato paste, 2 tablespoons chopped parsley.

Ask butcher to chop oxtail into pieces. Heat oil in large pan, add oxtail, cook until golden brown, remove from pan. Add peeled and chopped onions, peeled and chopped carrots and chopped celery, cook until well browned. Add flour, stir until smooth and well browned. Add water gradually, stir until smooth, stir until soup comes to the boil, add oxtail and crumbled stock cubes. Reduce heat, simmer covered 2½ hours. Remove from heat, allow to cool, then refrigerate overnight. Next day skim off fat, remove oxtail from soup, remove meat from oxtail bones and chop meat finely. Push soup through sieve, put into saucepan with tomato paste and meat, stir over medium heat until soup comes to the boil, reduce heat, simmer 5 minutes. Allow soup to become cold, then put into plastic container, cover tightly with lid. Put container in freezer bag, remove air, secure tightly, freeze.

To serve: pour into large saucepan, stir over low heat until soup comes to the boil, reduce heat, simmer 5 minutes. Just before serving, add parsley.

Serves 6.

Recommended maximum freezing time: 8 weeks.

CHEESE AND CHIVE QUICHE



CHEESE AND CHIVE QUICHE

PASTRY

1 cup plain flour, pinch salt, 90 g (3 oz.) butter, 1 egg-yolk, 1 tablespoon lemon juice.

Sift flour and salt into bowl, rub in butter until mixture resembles fine breadcrumbs. Mix to a firm dough with lightly beaten egg-yolk and lemon juice. Turn pastry out onto lightly floured surface, knead lightly, refrigerate 20 minutes. Roll out dough on lightly floured surface to fit 23 cm (9 in.) flan tin, refrigerate while preparing filling.

FILLING

3 eggs, 1½ cups cream, 3 teaspoons french mustard, 3 rashers bacon, 2 tablespoons chopped chives, 90 g (3 oz.) cheddar cheese, salt, pepper, ½ teaspoon paprika.

Chop bacon finely, cook over medium heat until crisp, remove from pan, drain. Sprinkle bacon, chives and half the grated cheese over the base of the flan tin. Combine eggs, cream, mustard, salt and pepper in bowl, beat well. Pour egg mixture carefully over bacon mixture. Sprinkle remaining cheese and paprika over top of flan. Put quiche into freezer, freeze until firm. Remove quiche from tin, wrap carefully in aluminium foil, put into freezer bag, remove air and secure. Return quiche to freezer, freeze until required. To serve, remove quiche from freezer, unwrap and place back into quiche pan. Cover loosely with aluminium foil; put into oven while still frozen, bake in moderate oven 45 minutes, remove cover, bake further 30 mins or until lightly browned on top.

Recommended maximum freezing time: 8 weeks.

GREEK SPINACH TRIANGLES



GREEK SPINACH TRIANGLES

1 large bunch spinach (approximately 20 sticks), 30 g (1 oz.) butter, salt, pepper, 4 shallots, 30 g (1 oz.) butter, extra, 2 tablespoons flour, pinch nutmeg, $\frac{3}{4}$ cup milk, 125 g (4 oz.) feta cheese, 500 g (1 lb.) phyllo pastry, oil for deep-frying.

Wash spinach, remove white stalks, coarsely chop leaves. Put leaves in saucepan with butter, salt, pepper and chopped shallots. Cover, bring to boil, reduce heat, cook until spinach is tender. Drain well, chop spinach finely. Melt extra butter in pan, stir in flour and nutmeg, cook stirring 1 minute. Add milk, stir until sauce boils and thickens. Remove from heat, stir in chopped spinach and chopped feta cheese, cool. Phyllo pastry dries out if it is left uncovered, so deal with one sheet at a time and return remainder to packet. Cut each pastry sheet into 8 cm (3 in.) wide strips, brush each strip with oil. One strip of pastry makes one complete triangle. Put a teaspoonful of filling on end of each pastry strip. Take corner of pastry and fold over to form triangle, covering filling. Lift first triangle up and over to form second triangle. Continue folding over and over until you reach the end of the pastry strip; trim edges, if necessary. Put triangles on oven tray, freeze until firm, then put in plastic bags, remove air, secure and freeze. When required, remove from freezer, unwrap, thaw. Lower triangles a few at a time into deep hot oil, fry until golden, drain well. Makes about 90.

Recommended maximum freezing time: 4 weeks.

CHICKEN HOTPOT



CHICKEN HOTPOT

1.5 kg (3 lb.) chicken, cornflour, 125 g (4 oz.) mushrooms, 5 slices green ginger, 4 shallots, $\frac{1}{4}$ cup oil, 1 clove garlic, 2 teaspoons cornflour, extra, $\frac{1}{4}$ cup chicken stock or water, $\frac{1}{2}$ cup dry white wine, 1 tablespoon soy sauce, $\frac{1}{2}$ cup chicken stock, extra.

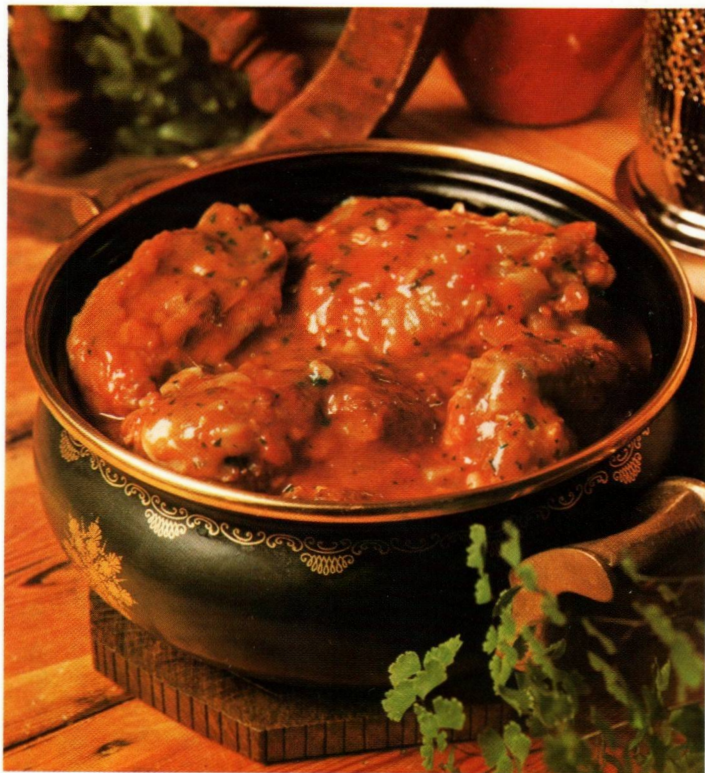
Joint chicken, cut into serving sized pieces, coat well with cornflour. Heat oil in pan, add half the chicken pieces, cook until golden brown, remove from pan, repeat with remaining chicken. Return all chicken to pan. Add sliced ginger and crushed garlic to pan, toss one minute. Add combined extra cornflour, chicken stock, white wine and soy sauce. Stir until sauce boils and thickens. Put chicken mixture into casserole, add extra chicken stock, cover. Bake in moderate oven approximately 25 minutes or until chicken is tender. Remove from heat, allow chicken mixture to become cold. Put into plastic container, cover tightly with lid. Put container in freezer bag, remove air, secure, freeze.

To serve: Thaw in refrigerator, spoon chicken mixture into large saucepan, add sliced shallots and sliced mushrooms, stir over low heat until casserole comes to the boil, reduce heat, simmer 15 minutes.

Serves 4.

Recommended maximum freezing time: 8 weeks.

CHICKEN AND TOMATO CASSEROLE



CHICKEN AND TOMATO CASSEROLE

1.5 kg (3 lb.) chicken (or chicken pieces), 60 g (2 oz.) butter, 2 tablespoons oil, flour, 3 rashers bacon, 1 onion, 1 clove garlic, 3 tablespoons flour, extra, 2 cups water, $\frac{1}{2}$ cup dry white wine, 410 g can whole peeled tomatoes, 2 tablespoons tomato paste.

Cut chicken into serving-size pieces. Heat butter and oil in large frying pan. Coat chicken lightly with flour, add to pan, brown well, remove from pan. Add chopped bacon, crushed garlic and peeled and chopped onion to pan, cook until onion is transparent, remove from pan. Drain off excess pan drippings, reserving 3 tablespoons in pan. Add extra flour to pan, stir until smooth and golden brown. Add water, wine, undrained mashed tomatoes and tomato paste, stir until smooth, stir until sauce boils and thickens, reduce heat, add chicken, bacon and onion to pan, simmer covered 1 hour or until chicken is tender. Allow chicken mixture to become cold, then put in plastic container, cover tightly with lid, put container in freezer bag, remove air, secure tightly, freeze.

To serve: Thaw in refrigerator, spoon into large saucepan, stir over low heat until sauce comes to the boil, reduce heat, simmer covered 45 minutes, stirring occasionally.

Serves 4.

Recommended maximum freezing time: 8 weeks.

CURRIED CHICKEN PIE



CURRIED CHICKEN PIE

1.5 kg (3 lb.) chicken, 60 g (2 oz.) butter, 1 tablespoon curry powder, 2 tablespoons flour, 2 cups milk, 3 tablespoons mayonnaise, 2 tablespoons chopped parsley, salt, pepper, 375 g (12 oz.) packet puff pastry, 1 egg, 1 tablespoon milk.

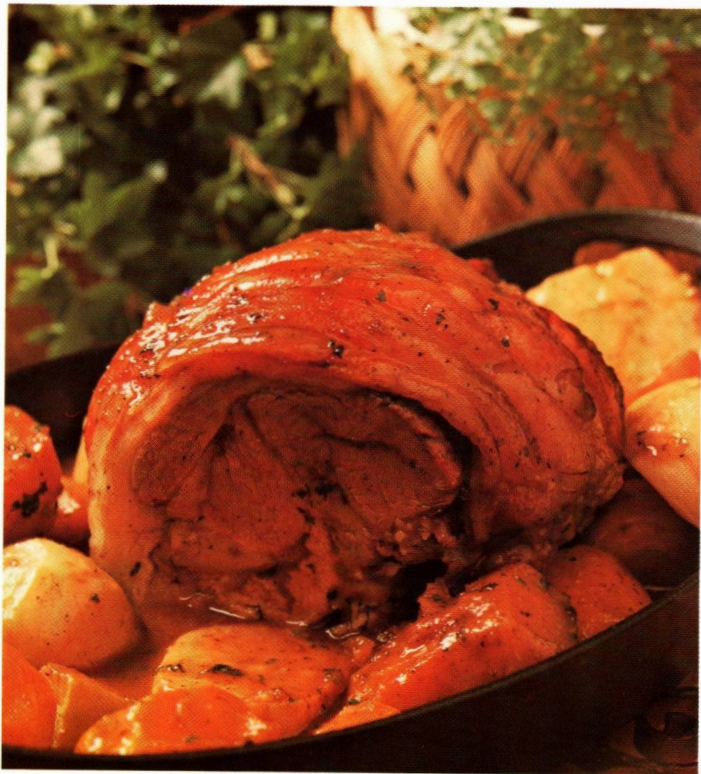
Put chicken in saucepan, cover with water, simmer covered until tender. Drain and allow to become cold. Remove skin and bones from chicken, cut chicken into large pieces. Melt butter in saucepan, add curry powder and flour, stir until smooth, cook 1 minute. Gradually add milk, stir until smooth, stir until sauce boils and thickens. Add mayonnaise, reduce heat, simmer 2 minutes. Add parsley, salt, pepper and chicken, simmer further 1 minute, remove from heat, allow to become cold. Put chicken mixture into greased 20 cm (8 in.) pie plate. Brush edge of pie plate with beaten egg and milk. Roll pastry out on lightly floured board, cut off a strip of pastry to fit around edge of pie plate, brush with egg and milk mixture. Place pastry evenly over top of pie and pastry edge. Trim, and flake edges with sharp knife. Cover pie with freezer wrap or aluminium foil, put in freezer bag, remove air and secure tightly, freeze.

To serve: Thaw in refrigerator approximately 6 hours or overnight. Remove wrappings, brush pie with beaten egg-yolk. Bake in hot oven 10 minutes or until golden, reduce heat to moderate, bake for further 30 minutes.

Serves 4.

Recommended maximum freezing time: 8 weeks.

ROAST MINTED LAMB



ROAST MINTED LAMB

1.5 kg (3 lb.) shoulder lamb, 60 g (2 oz.) butter, 1 large onion, 1 clove garlic, 2 cups fresh white breadcrumbs, salt, pepper, ½ teaspoon rosemary, 2 tablespoons chopped parsley, 1 egg, 60 g (2 oz.) butter, extra, 4 medium potatoes, 500 g (1 lb.) pumpkin, 4 carrots, 3 tablespoons flour, 2 cups water, ½ cup dry white wine, 3 tablespoons bottled mint jelly, 2 chicken stock cubes, 2 tablespoons tomato sauce.

Ask butcher to bone the shoulder of lamb. Heat butter in pan, add peeled and finely chopped onion and crushed garlic, cook gently until onion is transparent. Place onion mixture with butter in pan into bowl, add breadcrumbs, salt, pepper, rosemary, parsley and egg, mix well. Lay lamb, skin side down, spread stuffing over lamb, roll up and secure with string at 2.5 cm (1 in.) intervals. Place lamb into baking dish, add extra butter, bake in moderately hot oven 30 minutes. Add peeled and halved potatoes, peeled and chopped pumpkin and peeled and halved carrots. Bake a further 60 minutes, basting frequently with pan juices. Remove meat and vegetables from pan. Place pan on top of stove over high heat, stir until pan drippings are dark golden brown, drain off excess fat leaving approximately 4 tablespoons fat in pan. Add flour, stir until pan drippings are dark golden brown. Add water, wine, mint jelly, crumbled stock cubes, tomato sauce, salt and pepper, stir until smooth, stir until sauce boils and thickens, reduce heat, simmer 1 minute. Place lamb and vegetables in large plastic container, allow to become cold, pour cold sauce over, place lid on container, place in freezer bag, remove air, seal and freeze.

To serve: Thaw in refrigerator approximately 8 hours or overnight. Spoon into large saucepan, stand over low heat until sauce comes to the boil, reduce heat, simmer covered 45 minutes, stirring occasionally.

Serves 6.

Recommended maximum freezing time: 8 weeks.

CURRIED NECK CHOPS



CURRIED NECK CHOPS

1.25 kg (2½ lb.) lamb neck chops, flour, 30 g (1 oz.) butter, 2 tablespoons oil, 3 onions, 3 rashers bacon, 2 tablespoons flour, extra, 1 tablespoon curry powder, 2½ cups water, salt, pepper, 2 tablespoons tomato paste, 2 tablespoons chopped parsley.

Heat butter and oil in large frying pan. Coat chops lightly with flour, put in pan, brown well on both sides. Remove from pan. Add chopped bacon and peeled and chopped onions to pan, saute until onions are transparent, remove from pan. Add extra flour to pan, stir until smooth and golden brown, add curry powder, stir until smooth. Add water gradually, stir until smooth, stir until sauce boils and thickens, add tomato paste, stir until smooth, season with salt and pepper. Put chops and onion and bacon mixture back into pan, simmer covered 1 hour. Remove from heat, allow to become cold then put in plastic container, cover tightly with lid, put container in freezer bag, remove air, secure tightly, freeze.

To serve: Thaw in refrigerator, spoon into large saucepan, stand over low heat until sauce comes to the boil, reduce heat, simmer covered 45 minutes, stirring occasionally. Just before serving, add parsley.

Serves 4.

Recommended maximum freezing time: 8 weeks.

BEEF AND ONION CASSEROLE



BEEF AND ONION CASSEROLE

1.25 kg (2½ lb.) topside steak, 3 tablespoons oil, 30 g (1 oz.) butter, 125 g (4 oz.) bacon pieces, 4 onions, 125 g (4 oz.) mushrooms, 30 g (1 oz.) butter, extra, 2 tablespoons flour, 1½ cups water, 410 g can whole peeled tomatoes, ½ cup dry red wine, salt, pepper.

Trim any surplus fat from meat, cut meat into 5 cm (2 in.) cubes. Heat butter and oil in large frying pan, add meat, brown well. Remove from pan, add chopped bacon, cook 1 minute, remove from pan. Add flour to pan, stir until smooth and well browned. Add water, undrained mashed tomatoes and wine. Stir until sauce boils and thickens, reduce heat, simmer covered 1 hour or until tender. Remove from heat, allow to become cold. Wrap, seal and freeze.

To serve: thaw overnight in refrigerator, put in ovenproof dish. Peel onions, cut in half, slice mushrooms, saute onions and mushrooms in extra butter 1 minute, add to casserole with salt and pepper. Bake covered in moderate oven 35 minutes, stirring occasionally, or reheat on top of stove, stirring occasionally.

Serves 4.

Recommended maximum freezing time: 8 weeks.

MEAT PASTIES



MEAT PASTIES

500 g (1 lb.) packaged puff pastry, 500 g (1 lb.) lamb chump chops, 30 g (1 oz.) butter, 1 small onion, 1 large carrot, ½ stick celery, 1 large potato, 1 small parsnip, 1 cup water, pinch mixed herbs, salt, pepper, 2 tablespoons tomato sauce, 1 teaspoon worcestershire sauce, 1 egg, 1 tablespoon water, extra.

Remove fat and bones from meat, cut meat into 5 mm (¼ in.) pieces. Heat butter in pan, add meat, cook until brown.

Peel and finely chop onion; peel and grate carrot, potato and parsnip; chop celery finely. Add prepared vegetables to pan, cook gently 3 minutes. Add water, herbs, tomato sauce, worcestershire sauce, salt and pepper, stir until combined. Cover, simmer gently 30 minutes, stirring occasionally. Allow mixture to become cold.

Roll out pastry thinly; using 15 cm (6 in.) saucer as guide, cut out pastry in 15 cm (6 in.) circles. There will be approximately 5 circles of pastry. Spoon prepared lamb mixture into centre of each pastry circle. Lightly wet edge of pastry with water. Bring edges of pastry into centre, press together. Brush pasties with combined beaten egg and extra water. Bake in hot oven 10 minutes, reduce heat to moderate, cook further 10 minutes. Allow to become cold. Wrap, seal and freeze.

To serve: Allow to stand at room temperature 3 hours or until completely thawed. Put in moderate oven 15 minutes or until heated through.

Makes approx. 5 pasties.

Recommended maximum freezing time: 8 weeks.

CURRIED MEATBALLS



CURRIED MEATBALLS

MEATBALLS

500 g (1 lb.) minced steak, 1 onion, salt, pepper, 1 egg.

Combine minced steak, peeled and finely chopped onion, salt, pepper and lightly beaten egg, mix well. Form mixture into 16 meatballs.

SAUCE

60 g (2 oz.) butter, 2 tablespoons flour, 1½ tablespoons curry powder, 1 cup water, 2 beef stock cubes, 450 g can crushed pineapple, ½ cup sultanas, ½ cup sour cream.

Melt butter in pan, gently fry meatballs until lightly browned, remove from pan, add flour and curry powder, cook stirring 1 minute. Add water, crumbled stock cubes and undrained pineapple, cook stirring until sauce boils and thickens. Return meatballs to pan, add sultanas, reduce heat, simmer gently 35 minutes uncovered. Remove from heat, allow mixture to become cold, put into container with tight fitting lid, put container in freezer bag, remove air, secure, freeze.

To serve: allow to thaw in refrigerator overnight. Heat gently until just boiling, reduce heat, stir in sour cream, do not allow to boil, Serve with rice.

Serves 4.

Recommended maximum freezing time: 8 weeks.

LEMON VEAL CASSEROLE



LEMON VEAL CASSEROLE

1.25 kg (2½ lb.) stewing veal, 2 tablespoons oil, 30 g (1 oz.) butter, 2 onions, 2½ tablespoons flour, 30 g (1 oz.) butter, extra, 2 tablespoons lemon juice, ¼ cup dry white wine, 2 cups water, 1 chicken stock cube, 2 tablespoons cream, 2 tablespoons chopped parsley.

Cut meat into 2.5 cm (1 in.) cubes. Heat butter and oil in large frying pan, add meat, brown well on all sides, remove from pan. Add flour to pan, stir until smooth and well browned. Gradually add lemon juice, wine and water, add crumbled stock cube, stir until smooth, stir until sauce boils and thickens, reduce heat, simmer covered 1 hour or until meat is tender. When completely cold, put into container, wrap, seal and freeze.

To serve: Thaw in refrigerator approximately 6 hours or overnight. Peel onions, cut in half and slice thinly, saute in extra butter 1 minute. Put meat and onion in casserole with an extra ¼ cup water. Cover and bake in moderate oven 35 to 40 minutes or until heated through. Just before serving add cream and parsley.

Serves 4.

Recommended maximum freezing time: 8 weeks.

HADDOCK CASSEROLE



HADDOCK CASSEROLE

1 kg (2 lb.) smoked haddock, 315 g (10 oz.) packet frozen creamed spinach, 90 g (3 oz.) butter, 4 tablespoons plain flour, salt, pepper, ¼ teaspoon dry mustard, 2 cups milk, 2 tablespoons lemon juice, 2 tablespoons chopped parsley, 4 hard-boiled eggs, 30 g (1 oz.) butter, extra, 1 tablespoon french mustard.

Cover haddock with cold water, bring to boil, drain. Cover with fresh water, simmer until cooked, approximately 10 minutes, drain, skin and flake.

Remove spinach from packet, allow to thaw. Melt butter, stir in flour, salt, pepper and mustard, cook 1 minute. Gradually stir in milk, stir until sauce boils and thickens, cook 1 minute. Stir in spinach, mix well. Combine cooked haddock with lemon juice and parsley. Mash eggs with butter and french mustard. Spoon half the spinach sauce over base of greased, ovenproof dish, or six individual ovenproof dishes, top with fish mixture, spread egg mixture over fish, top with remaining sauce. Sprinkle topping over sauce, bake in moderate oven 25 to 30 minutes. Cool completely. Wrap, seal and freeze.

TOPPING

45 g (1½ oz.) butter, 1½ cups fresh breadcrumbs, 60 g (2 oz.) cheese. Melt butter in small saucepan, remove from heat, stir in breadcrumbs and grated cheese, stir until breadcrumbs are golden.

To serve: Thaw 2 to 3 hours at room temperature, or overnight in refrigerator. Bake uncovered, in moderately slow oven 30 to 35 minutes or until heated through.

Serves 6.

Recommended maximum freezing time: 4 weeks.

FREEZER BREAD



FREEZER BREAD

1 kg (8 cups) plain flour, ½ cup full cream milk powder, 3 teaspoons salt, 60 g (2 oz.) compressed yeast, 30 g (1 oz.) butter, 3 cups lukewarm water, 1 egg yolk.

Dissolve yeast in half-cup of the lukewarm water. Sift flour, salt and powdered milk into large bowl. Make well in centre of dry ingredients, add yeast, melted butter and remaining lukewarm water, mix to a firm dough. Turn dough out onto well-floured board, knead 5 minutes. Divide dough into three. You can make 3 loaves of bread or 1 loaf of bread, 1 round-shaped loaf and 8 buns. To make the loaf of bread, divide one piece of dough in half, knead each half until smooth, place side by side in 23 cm × 12 cm (9 in. × 5 in.) greased loaf tin. To make the round shape bread, knead another piece of the dough into smooth round shape, put on greased oven tray. To make the buns, divide remaining dough into 8 equal pieces, knead into round shapes, put on greased oven tray. Cover bread and buns with plastic food wrap, freeze until firm. Remove bread and buns from tin and trays, put in plastic bags, secure and return to freezer. When bread is required, remove from freezer, unwrap, put round bread and buns on greased oven trays and loaf of bread into greased 23 cm × 12 cm (9 in. × 5 in.) loaf tin, cover loosely, allow to thaw (1 hour for buns and 2½ hours for bread). Stand in warm place until doubled in bulk (20 minutes for buns, 40 minutes for bread). Brush buns with beaten egg-yolk and bread with water. Bake bread and buns in hot oven 10 minutes, reduce heat to moderately hot, bake further 10 minutes for buns and 25 to 30 minutes for bread. Recommended maximum freezing time: 8 weeks.

FREEZER BISCUITS



FREEZER BISCUITS

250 g (8 oz.) butter, 1 cup sugar, 2 eggs, 1 teaspoon vanilla, 2½ cups self-raising flour, ¼ cup coconut, ½ cup coconut, extra, 60 g (2 oz.) glace cherries, ¼ cup chocolate bits, ¼ cup chopped nuts, ¼ cup sultanas.

Beat butter and sugar until light and fluffy, add eggs and vanilla, beat until well combined. Fold in sifted flour, mix to a firm dough. Divide dough evenly into three. To one amount of dough, add the coconut and chopped cherries, combine well. Take teaspoonfuls of the dough, roll into balls, then roll in extra coconut, put biscuits on greased oven trays, press half a glace cherry into each biscuit. Put biscuits in freezer, freeze until firm, then put in plastic bags, remove air, secure and freeze. Add the chocolate bits to the second lot of dough, combine well, place teaspoonfuls of mixture on greased oven trays, continue as above. To the third lot of dough add the sultanas and chopped nuts, combine well. Roll teaspoonfuls of the mixture into balls, place on greased oven trays, freeze and pack as above. When required, remove biscuits from freezer, put, still frozen, on greased oven trays; allow room for spreading; bake in moderate oven 15 to 20 minutes or until golden brown. Remove from oven, cool on wire rack.

Makes approximately 50 biscuits.

Recommended maximum freezing time: 12 weeks.

CHOCOLATE CAKE AND ORANGE CAKE



CHOCOLATE CAKE

1 cup self-raising flour, 3 tablespoons cocoa, ½ cup sugar, 1 egg, 1 egg-yolk, extra, ⅓ cup milk, 125 g (4 oz.) butter.

Put sifted flour and cocoa into small bowl of electric mixer, add sugar, egg, extra egg-yolk, milk and roughly chopped butter. Beat on medium speed 4 minutes. Spoon mixture evenly into 2 greased 11 cm x 18 cm (4½ in. x 7 in.) foil containers. Put foil containers on oven tray, bake in moderate oven 25 to 30 minutes or until cooked when tested. Remove from oven, allow to become cold, ice with chocolate icing. Allow icing to set, then cover containers with aluminium foil, put in plastic bag, remove air, secure, freeze. When required remove from freezer, remove wrapping, thaw at room temperature approximately 1½ hours.

CHOCOLATE ICING

30 g (1 oz.) dark chocolate, ½ teaspoon oil, 1 tablespoon water, ½ cup icing sugar.

Put roughly chopped chocolate, oil and water in top of double saucepan. Stir constantly over hot water until chocolate has melted. Gradually beat in sifted icing sugar, beat until smooth.

ORANGE CAKE

1 cup self-raising flour, ½ cup sugar, 2 teaspoons grated orange rind, 1 egg, 1 egg-yolk, extra, ⅓ cup milk, 125 g (4 oz.) butter.

Put all ingredients in small bowl of electric mixer, as above. Repeat recipe, as above. When cold, ice with orange icing and freeze as above.

ORANGE ICING

Sift 1 cup icing sugar into bowl, add 1 teaspoon grated orange rind, 2 teaspoons melted butter and 1 tablespoon orange juice, beat until smooth.

Recommended maximum freezing time: 12 weeks.

Note: In place of the foil containers, cakes can also be baked in 25 cm x 8 cm (10 in. x 3 in.) bar tins. For these bar tins, bake cakes in moderate oven 40 to 45 minutes.

CHOCOLATE ROLL



CHOCOLATE ROLL

3 eggs, separated
½ cup castor sugar
1 cup self-raising flour

2½ tablespoons cocoa
3 tablespoons hot water
1 teaspoon butter

FILLING

1¼ cups cream
2 teaspoons rum

1 tablespoon icing sugar
¼ cup raspberry (or other) jam

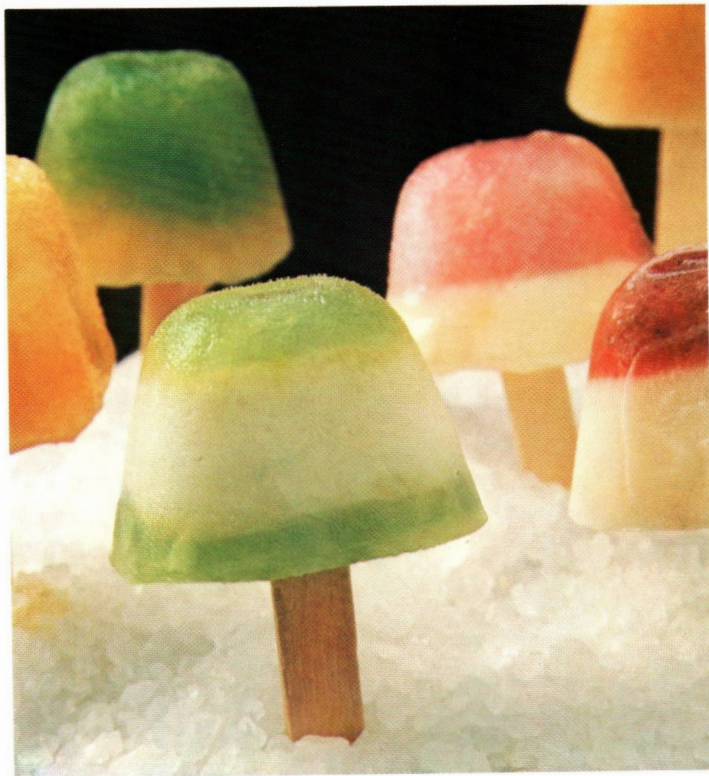
Beat egg whites until soft peaks form. Add sugar gradually, beating until dissolved. Fold in beaten egg yolks. Fold in sifted flour and cocoa and lastly hot water in which butter has been dissolved. Spread mixture into greased and greased-paper-lined 25 cm × 37 cm (10 in. × 13 in.) swiss roll tin. Bake in moderate oven 15 to 20 minutes or until cooked when tested. Turn out on to sheet of greaseproof paper sprinkled with castor sugar, peel off lining paper; with sharp knife, trim off crisp edge from long sides of cake. Gently roll up sponge, rolling the greaseproof inside as cake is rolled. Cover sponge with clean teatowel, let stand 1 minute. Unroll, remove paper, re-roll, let stand until quite cold before filling. When cold, gently unroll, spread with jam, then cream filling, roll up again. Wrap chocolate roll in aluminium foil, put in plastic bag and freeze.

Filling: Whip cream until firm, fold in rum and sifted icing sugar.

To Serve: Thaw at room temperature 2½ hours.

Recommended maximum freezing time: 3 weeks.

ICEBLOCKS



ICE-BLOCKS

LIME

2 tablespoons sugar, ½ cup water, 3 tablespoons lemon juice, ½ cup bottled lime cordial, 1 tablespoon sugar, extra, 2 tablespoons water, extra, 2 tablespoons full cream milk powder, ½ cup milk.

Combine sugar and water in saucepan, stir over medium heat until sugar dissolves, remove from heat, add lemon juice and cordial, combine well. Pour a little of the lime mixture into ice-cube trays, freeze. Put extra sugar and extra water in saucepan, stir over low heat until sugar has dissolved, remove from heat, cool. Put in bowl with powdered milk and milk, beat until combined. Pour milk mixture over lime mixture, freeze until almost set. Break wooden ice-block sticks in half, press into ice-blocks, freeze until set. Pour remaining lime mixture over ice cream, freeze until firm.

Makes approx. 12.

STRAWBERRY YOGHURT

1 punnet strawberries, ½ cup water; ¼ cup sugar; ¼ cup full cream milk powder, 1 cup milk, 200 g carton plain yoghurt.

Wash and hull strawberries, mash well. Spoon approximately 1 teaspoon of strawberry mixture into each icecube container. Put in freezer, freeze until firm. Put sugar and water in saucepan, stir over medium heat until sugar has dissolved, remove from heat, cool. Put in bowl with milk, powdered milk and yoghurt, beat well. Pour yoghurt mixture over strawberry base, return to freezer, freeze until nearly set. Break wooden ice-block sticks in half, press into yoghurt mixture, freeze until firm.

Makes approx. 24.

PINK LEMONADE

285 ml bottle lemonade, ½ cup bottled strawberry topping, 2 cups ice-cream, ¼ cup milk.

Combine lemonade and strawberry topping, strain. Pour a little of this mixture into ice-cube trays, freeze. Beat ice cream and milk until soft and creamy, spoon ice cream mixture over frozen lemonade mixture, freeze until almost set. Press halved ice-block sticks into ice-blocks as above, freeze until firm.

Makes approx. 30

TORTONI AND STRAWBERRY ICE-CREAM**TORTONI**

$\frac{3}{4}$ cup cream, 1 tablespoon marsala, 2 egg-whites, $\frac{1}{3}$ cup sugar, 2 tablespoons water, $\frac{1}{3}$ cup toasted coconut (see below).

Put sugar and water in saucepan, stir over low heat until sugar has dissolved, increase heat, bring to boil, boil gently 2 minutes. Remove from heat, cool slightly. Beat egg-whites until soft peaks form, add the syrup gradually, beat until smooth and thick. Beat cream and marsala until firm peaks form, gently fold into egg-whites with toasted coconut. Spoon into individual dishes, freeze until firm. Serve frozen. Sprinkle with toasted flaked almonds, garnish with a strawberry.

To toast coconut: put coconut in heavy pan, stir with wooden spoon over moderate heat until coconut is light golden colour, remove from heat immediately.

Serves 4 to 6.

Recommended maximum freezing time: 8 weeks.

STRAWBERRY ICE CREAM

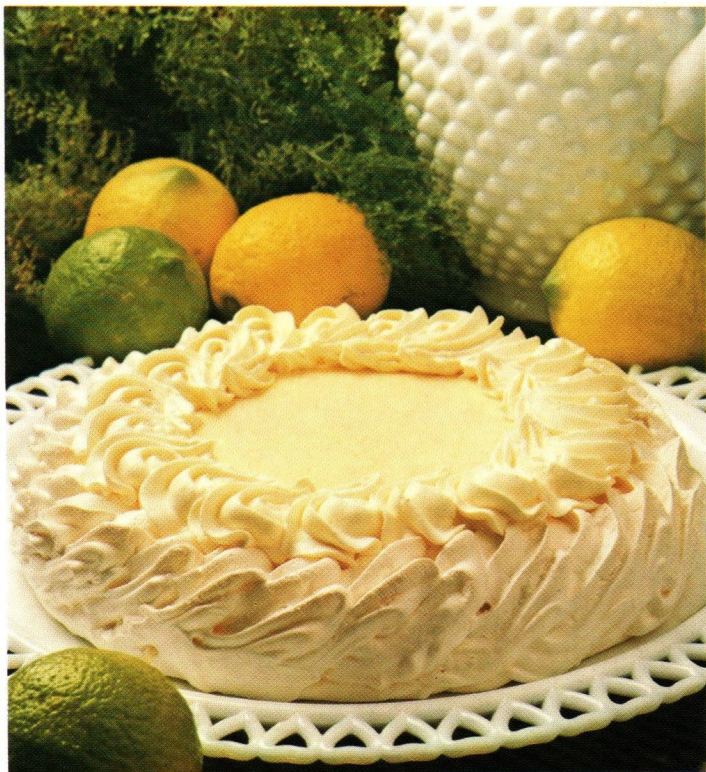
1 punnet strawberries, $\frac{1}{2}$ cup orange juice, 2 tablespoons lemon juice, 2 passionfruit, 2 tablespoons Grand Marnier or Cointreau, 440 g (14 oz.) can sweetened condensed milk, 300 ml carton cream.

Wash and hull strawberries, puree in blender until smooth. Combine strawberry puree with orange juice, lemon juice, passionfruit pulp, Grand Marnier and condensed milk, mix well. Beat cream until soft peaks form, gently fold into mixture. Pour into freezer tray, freeze.

Serves 4 to 6.

Recommended maximum freezing time: 8 weeks.

LEMON CREAM PAVLOVA



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3 egg-whites, pinch salt, $\frac{3}{4}$ cup castor sugar, 1 teaspoon vanilla, cornflour, melted butter.

Cut 20 cm (8 in.) circle from piece of greaseproof paper, put on greased oven tray. Brush lightly with melted butter, dust with cornflour. Shake off excess cornflour. Beat egg-whites and salt until soft peaks form. Add sugar gradually, beating well after each addition, beat until sugar is completely dissolved (approximately 8 minutes), lightly stir in vanilla. Spread approximately 5 mm ($\frac{1}{4}$ in.) layer of mixture to fit prepared circle. With remainder of mixture, pipe or spoon swirls around edge to form a shell. Bake in very slow oven 1 hour or until pavlova is dry to touch. Cool in oven. Spread prepared filling into cooled pavlova shell. Refrigerate until filling is firm, cover with aluminium foil, put in freezer bag, remove air, secure, freeze.

LEMON FILLING

1 teaspoon gelatine, $\frac{1}{2}$ cup lemon spread or lemon butter, $\frac{1}{2}$ cup thickened cream, 1 tablespoon water.

Sprinkle gelatine over water, dissolve over hot water, cool. Add lemon spread, stir until smooth. Fold in whipped cream, mix well.

To Serve: Thaw at room temperature for approximately 2 hours. Decorate if desired with extra whipped cream.

Recommended maximum freezing time: 2 weeks.

CARAMEL CHEESECAKE



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BASE

1¼ cups crushed cornflakes, 125 g (4 oz.) butter).

Melt butter in pan, remove from heat, add cornflakes; mix well. Press approximately three-quarters of mixture on to base and up sides of greased 20 cm (8 in.) springform pan. Reserve remainder for topping. Refrigerate while preparing topping.

FILLING

750 g (1½ lb.) packaged cream cheese, 1 cup sugar, 2 eggs, 1 teaspoon vanilla, ¼ cup bottled caramel topping, ¼ teaspoon nutmeg.

Beat cream cheese until softened, add sugar; mix well. Add eggs one at a time, beating well after each addition. Add vanilla, mix well. Spoon into prepared crumb crust. Pour caramel topping on top, cut lightly into cream cheese mixture with knife to give marbled effect. Combine reserved cornflake mixture and nutmeg in bowl, mix well. Sprinkle this mixture over cheesecake. Bake in moderate oven 45 minutes or until cooked. Cool, wrap and seal, freeze.

To serve: Thaw 2 hours at room temperature or overnight in refrigerator.

Recommended maximum freezing time: 2 months.

CHOCOLATE RUM PIE



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250 g (8 oz.) plain sweet biscuits, 1 tablespoon cocoa, 125 g (4 oz.) butter, 90 g (3 oz.) dark chocolate, 3 eggs, separated, $\frac{1}{3}$ cup sugar, 2 teaspoons gelatine, $\frac{1}{4}$ cup water, 1 cup milk, 1 tablespoon rum, 300 ml carton cream.

CRUMB CRUST

Finely crush biscuits, put into bowl. Melt butter over low heat, add to crumbs with sifted cocoa, mix to combine. Press crumb mixture over base and sides of greased 20 cm (8 in.) springform pan. Refrigerate while preparing filling.

FILLING

Melt chocolate in top of double saucepan over hot water. Add lightly beaten egg yolks to chocolate with sugar, beat over hot water until creamy. Sprinkle gelatine over water; when softened, add to chocolate mixture with milk and rum; stir over low heat until mixture is smooth and gelatine has dissolved. Refrigerate until mixture is just beginning to set. Beat egg whites until soft peaks form, fold gently into mixture; beat cream until soft peaks form, fold into mixture. Spoon filling into crumb crust, cool; freeze until frozen. Remove from freezer, wrap, seal and freeze. To serve: Remove from freezer, unwrap, allow to thaw at room temperature 3 hours. If desired, decorate with extra whipped cream. Recommended maximum freezing time: 2 weeks.

WALNUT AND RUM PANCAKES



WALNUT AND RUM PANCAKES

½ cup plain flour, pinch salt, 2 eggs, ¾ cup milk.

Sift dry ingredients into bowl, add eggs, stir until mixture is smooth and free of lumps. Gradually add milk, mix to a smooth batter. Allow to stand for 30 minutes. Heat pan, grease well. From a small jug, pour 2 to 3 tablespoons of pancake mixture into pan, swirling batter evenly around pan. Cook over medium heat until light golden brown. Toss or turn pancake and cook on other side. Repeat with remaining batter.

Makes 8 pancakes.

FILLING

185 g (6 oz.) butter, 60 g (2 oz.) walnuts, 1 tablespoon lemon juice, 1 tablespoon rum.

Cream butter until light and fluffy, add roughly chopped walnuts and remaining ingredients, mix well. Spread 1 tablespoon of mixture over each pancake, roll up. Put pancakes in tin or wrap in aluminium foil. Put in plastic bag, remove air, secure, freeze. When required, remove from freezer, remove wrapping, put pancakes in small ovenproof dish, bake in hot oven 10 minutes or until pancakes are heated through and butter has begun to melt. If desired, dust with icing sugar, top with icecream, sprinkle with chopped extra nuts.

Serves 4.

Recommended maximum freezing time: 8 weeks.

ICE-CREAM CAKE



ICE CREAM CAKE

3 x 1 litre cartons ice cream, 2 x 300 ml cartons cream, pink food colouring, purple food colouring.

Place softened ice cream in bowl, use a potato masher to break down ice cream until just beginning to melt. Pour mixture into deep 20 cm (8 in.) round cake tin, cover with aluminium foil, freeze overnight. Run a spatula or knife around inside edge of tin. Invert tin on to serving plate, run a hot cloth over bottom of tin, carefully remove tin. Return cake to freezer, freeze again overnight. Whip cream until firm peaks form, divide mixture in half, colour one half pink and the other mauve with few drops of food colourings. You will need two piping bags for this, each fitted with a star nozzle. Fill pink cream into one bag, mauve cream into the second. Pipe decorative border around edge of cake. Pipe to cover sides of cake, alternating the rows of colour. Spread remaining pink cream over top of cake. If serving as a birthday cake, put remaining mauve cream into small plastic bag, snip off tiny corner of bag. Write message and flowers on cake. Return to freezer. About half an hour before serving, remove from freezer and place in refrigerator so that cake thaws slightly for easy cutting.

Recommended maximum freezing time: 12 weeks.